

# One Foot

Jason Walker

Truth, she speaks if you're really listening  
Truth, the truth hurts if you treat it like an enemy

It's your friend, it's your foe  
But the words that you need the most  
When you're lost in the cold  
When you don't know where to go

One day at a time  
I'll follow the line  
One foot in front of the other  
What I'm feeling most  
I'm letting it go  
Long as I keep moving forward  
One foot in front of the other, yeah  
One foot in front of the other, yeah

Grief she weeps when you let her in, so let her in  
Grief she sleeps when you stop fighting it, yeah stop fighting it

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Keep your head up  
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